



Game Days

Category: Tactical: Full game form

Difficulty: Beginner

Gonzalo Sanchez

U6 Position Names/Position Numbers (60 mins)

U6 Game Days

- 3v3 to small goals (no goalies)
- Size 3 ball
- Shin guards are mandatory - socks must cover the shin guards completely
- Four 8-minute quarters. Two-minute break between quarters 1&2 and 3&4. Five-minute halftime.
- Kick off from the middle of the field after a goal is scored and at the beginning of each quarter, teams alternate who kicks off at beginning of each quarter.
- No formal offsides but coaches should enforce a "no cherry picking" rule.
- Kick ins will be used instead of throw ins when the ball goes across one of the sidelines. Kick will be taken from where the ball went out of bounds. Players cannot directly score from a kick in. Opponent must be 3 yards away.
- Corners/goal kicks used when ball crosses the goal line. During goal kicks the opposing team must be at or behind half, the team taking the kick may stand where they choose. Once the kick is taken the game is live. Corner kicks are taken from the nearest corner. Defending team must be 3 yards away.
- Fouls such as handballs, tripping, and pushing will occasionally occur, usually unintentionally. If an obvious foul occurs (at the discretion of the coach) then an indirect free kick will be awarded.
- No penalty kicks
- Heading - if a ball hits a player on the head accidentally, play will be stopped and restarted with an indirect free kick for the opposing team where the header occurred. Coach should instruct players of the reason.
- Substitutions: at any stoppage and unlimited
- No official referees. Coaches are to referee the game, explaining rules to players but still allowing for a good flow of the game to occur.
- If one team is ahead by 5 or more goals the team that is losing may add a player onto the field.
- No standings/game records will be taken. The win is for the kids to have fun!
- Jewelry - players must take off all bracelets, necklaces, earrings and other jewelry. Some exceptions may be made such as medical equipment at discretion of coach, in those cases proper measures (taping/covering) should be taken to avoid any potential injury from happening if someone (the player themselves or other players) were to come in contact with the item.



U8 Position Names/Position Numbers

U8 Game Days

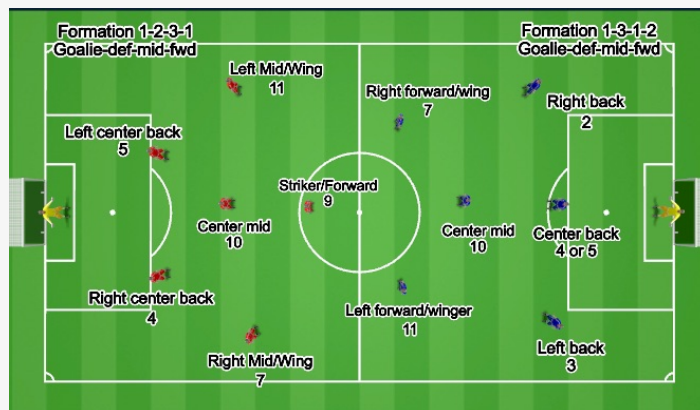
- 4v4 to small goals (no goalies)
- Size 3 ball
- Shin guards are mandatory - socks must cover the shin guard completely.
- Four 10-minute quarters. Two-minute break between quarters 1&2 and 3&4. Five-minute halftime.
- Kick off from the middle of the field after a goal is scored and at the beginning of each quarter, teams alternate who kicks off at beginning of each quarter.
- No formal offsides but coaches should enforce a “no cherry picking” rule.
- Throw-ins will be used. Thrower must start with ball behind their head and in one continuous motion throw the ball over their head. Both feet must remain on the ground and must be either behind OR on the line of the sideline - one can stand inside the playing area with the heels still touching the line. If an incorrect throw-in occurs then coach should instruct proper throwing technique and allow the player to try once more. If an incorrect throw in occurs again then play should continue but coach should ensure players know proper technique going forward.
- Corners/goal kicks used when ball crosses the goal line. During goal kicks the opposing team must be at or behind half, the team taking the kick may stand where they choose. Once the kick is taken the game is live. Corner kicks are played from nearest corner, defending team must be 5 yards away.
- Fouls such as handballs, tripping, and pushing will occasionally occur, usually unintentionally. If an obvious foul occurs (at the discretion of the coach) then a indirect free kick will be awarded.
- No penalty kicks.
- Heading - if a ball hits a player on the head accidentally, play will be stopped and restarted with an indirect free kick for the opposing team where the header occurred. Coach should instruct players of the reason.
- Substitutions: at any stoppage and unlimited.
- No official referees. Coaches are to referee the game, explaining rules to players but still allowing for a good flow of the game to occur.
- If one team is ahead by 5 or more goals, winning team should take measures to assure an even game is played going forward. Tips to help: every player must touch the ball before scoring. Someone new must score. If it is still uneven then losing team may bring on an extra player.
- No standings/game records will be taken. The win is for the kids to have fun!
- Jewelry - players must take off all bracelets, necklaces, earrings and other jewelry. Some exceptions may be made such as medical equipment at discretion of coach, in those cases proper measures (taping/covering) should be taken to avoid any potential injury from happening if someone (the player themselves or other players) were to come in contact with the item.



U10-U11 Position Names/Position Numbers

U10 Game Days

- 7v7 - 7 per side, one of whom must be designated as a goalkeeper.
- Size 4 ball
- Shin guards are mandatory - socks must cover shin guards completely.
- Two 25-minute halves. Five-minute halftime.
- Kick off from the middle of the field after every goal and at the beginning of each half. Coin toss will determine who begins with the ball or which side of the field the team wants.
- USSF licensed center referee will be used. (No AR's)
- Goalkeepers - No punting or dropkicking the ball. They must throw it/roll it from their hands or put the ball on the ground and pass it to a teammate. Infractions will result in an indirect kick for the opponent.
- Build out line - During goal kicks or when goalkeeper has a hold of the ball, the opponent must be at/behind the build out line. The build out line will also be used to denote where offside offenses can be called. Players cannot be called offsides between the half line and the build out line on their attacking end but can be called offsides between the build out line and the goal line of the goal they are attacking.
- Throw-ins will be used. Standard FIFA rules.
- Corners/goal kicks used when ball crosses the goal line. During goal kicks the opposing team must be at or behind the build out line as described above. The team taking the kick may stand where they choose. Once the kick is taken the game is live. Corner kicks are played from nearest corner, defending team must be 5 yards away.
- Fouls will be managed by the referee according to FIFA rules. Penalty kicks and direct free kicks may be awarded when appropriate.
- Heading - if a ball hits a player on the head accidentally, play will be stopped and restarted with an indirect free kick for the opposing team where the header occurred.
- Substitutions - Throw ins by team in possession or if both teams have a sub at the line. Halftime, goal kick, kick off, or injury.
- No standings/game records will be taken. The win is for the kids to have fun!
- Jewelry - players must take off all bracelets, necklaces, and other loose jewelry. Some exceptions may be made but only at discretion of referee. Player/coach must check with referee.



U12 Position Names/Position Numbers

U12 Game Days

- 7v7 - 7 per side, one of whom must be designated as a goalkeeper.
- Size 4 ball
- Shin guards are mandatory - socks must cover shin guards completely.
- Two 30-minute halves. Five-minute (or shorter when possible) halftime.
- Kick off from the middle of the field after every goal and at the beginning of each half. Coin toss will determine who begins with the ball or which side of the field the team wants.
- USSF licensed center referee will be used. (No AR's)
- Goalkeepers - Punting and dropkicking is allowed. Standard FIFA rules.
- NO build-out line
- Throw-ins will be used. Standard FIFA rules.
- Corners/goal kicks used when ball crosses the goal line. Standard FIFA rules used.
- Fouls will be managed by the referee according to FIFA rules. Penalty kicks and direct free kicks may be awarded when appropriate.
- Heading - U11-U12 if a ball hits a player on the head accidentally, play will be stopped and restarted with an indirect free kick for the opposing team where the header occurred.
- Substitutions - Throw ins by team in possession or if both teams have a sub at the line. Halftime, goal kick, kick off, or injury.
- No standings/game records will be taken. The win is for the kids to have fun!
- Jewelry - players must take off all bracelets, necklaces, and other loose jewelry. Some exceptions may be made but only at discretion of referee. Player/coach must check with referee.



U14 Position Names/Position Numbers

U14 Game Days

- 7v7 for girls teams (due to limited numbers)
- 9v9 for boys teams
- Size 5 ball
- Shin guards are mandatory - socks must cover shin guards completely.
- Two 30-minute halves. Five-minute (or shorter when possible) halftime.
- Kick off from the middle of the field after every goal and at the beginning of each half. Coin toss will determine who begins with the ball or which side of the field the team wants.
- USSF licensed center referee will be used. (No AR's)
- Goalkeepers - Punting and dropkicking is allowed. Standard FIFA rules.
- NO build-out line
- Throw-ins will be used. Standard FIFA rules.
- Corners/goal kicks used when ball crosses the goal line. Standard FIFA rules used.
- Fouls will be managed by the referee according to FIFA rules. Penalty kicks and direct free kicks may be awarded when appropriate.
- Heading - U14 is allowed to head the ball.
- Substitutions - Throw ins by team in possession or if both teams have a sub at the line. Halftime, goal kick, kick off, or injury.
- No standings/game records will be taken. The win is for the kids to have fun!
- Jewelry - players must take off all bracelets, necklaces, and other loose jewelry. Some exceptions may be made but only at discretion of referee. Player/coach must check with referee.

